



## WORKSHOP

### Using Relational Frame Theory to understand and develop clinical metaphors

met Yvonne Barnes-Holmes

vrijdag 25 januari 2019

This one-day workshop focuses on a Relational Frame Theory (RFT) conceptualisation of metaphor as derived relational responding. This analysis illustrates a key way in which the theory integrates with, and may directly influence, concepts and techniques from Acceptance and Commitment Therapy (ACT). The first part of the workshop walks through the basic account and supporting evidence, but the majority of the workshop is clinically focused. Attendees will be shown how to: deconstruct existing ACT metaphors, to understand client-generated metaphors and to construct metaphors that can be individualised for clinical purposes. Critically, attendees will learn how to do functional analyses that will inform them of good and bad features of clinical metaphors.

#### Trainer:

Yvonne Barnes-Holmes is Associate Professor of Behaviour Analysis at Ghent University and a Senior Research Fellow on an Odysseus I FWO Award with her husband Professor Dermot Barnes-Holmes. She has published approx. 120 research articles and book chapters, mostly on Relational Frame Theory (RFT) and Acceptance and Commitment Therapy (ACT). She has been an ACT practitioner for 18 years and is one of the world's grandfather trainers. She has given many international training events and workshops and over 400 presentations.

#### Praktisch:

- vrijdag 25 januari 2019 van 9u30 tot 16u30
- Locatie: De Finale – Boomgaardstraat 22 te Berchem
- inschrijven kan via de website [www.vvgt.be](http://www.vvgt.be) - maximaal 25 deelnemers
- prijs: €100 voor leden VVGt & €200 voor niet-leden  
broodjesmaaltijd is inbegrepen  
uw inschrijving is bevestigd na betaling van het inschrijvingsgeld.  
(uiterlijk 10 werkdagen na de inschrijving)
- accreditering voor artsen wordt aangevraagd
- er is geen recuperatie van het inschrijvingsgeld mogelijk. Indien u onverwacht verhinderd bent, kan u zich natuurlijk altijd laten vervangen door een collega.